



Collins Aerospace

REC CENTER

Group Fitness Class Schedule

August 2022

319-295-2552

Business Hours

Monday-Thursday 4 AM-11 PM
 Friday 4 AM-9 PM
 Saturday-Sunday 6 AM-8 PM

Rec Room Babysitting Hours

Reservations are required

Monday-Friday 9 AM-1:15 PM
 Monday-Thursday 4-7:30 PM
 Saturday 8 AM-12 PM

Format Legend

Cardio	Dance
Mind/Body & Pilates	Silver Sneakers
Strength	Specialty Format

Visit our Facebook page for Rec Center News!



High Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing \$ 5:30-6:15 AM Ashley/Ken	Muscle Works 5:30-6:30 AM Janet	Kickboxing \$ 5:30-6:15 AM Ashley/Karla	LES MILLS BODYPUMP 5:30-6:15 AM Tracey	Kickboxing \$ 5:30-6:15 AM Tracey	
	Beginner Step 7:30-8:00 AM Tracey	Step 6:35-7:05 AM Tracey	Beginner Step 7:30-8:00 AM Chris N.	Core 6:15-6:30 AM Tracey	
SilverSneakers® Classic 8:10-8:55 AM Shiho	SilverSneakers® Circuit 8:10-8:55 AM Tracey	SilverSneakers® Classic 8:10-8:55 AM Kelly	SilverSneakers® Circuit 8:10-8:55 AM Heidi	SilverSneakers® Classic 8:10-8:55 AM Candy	Muscle Works 8:05-9:05 AM Tracey
Muscle Works 9:20-10:20 AM Deb	SilverSneakers® Yoga 9:10-9:55 AM Heidi	Muscle Works 9:20-10:20 AM Janet	SilverSneakers® Yoga 9:10-9:55 AM Angela	Muscle Works 9:20-10:20 AM Chris G.	Step 9:20-10:05 AM Chris N.
Active 4 Life: Cardio 10:30-11:15 AM Candy		Zumba® 10:30-11:15 AM Doris		Active 4 Life: 10:30-11:15 AM Candy	
Kickboxing \$ 11:30-12:15 PM Ashley/Laura	LES MILLS BODYPUMP 11:30-12:15 PM Tracey	Kickboxing \$ 11:30-12:15 PM Riley/Hannah	LES MILLS BODYPUMP 11:30-12:15 PM Riley	Kickboxing \$ 11:30-12:15 PM Hannah	Sunday
SilverSneakers® Classic 1:35-2:20 PM Candy		SilverSneakers® Classic 1:35-2:20 PM Candy		SilverSneakers® Classic 1:35-2:20 PM Candy/Sue	LES MILLS BODYPUMP 9:00-9:55 AM Tracey
Kickboxing \$ 4:30-5:15 PM Ashley	Metabolic Strength Training 4:30-5:15 PM Riley	Kickboxing \$ 4:30-5:15 PM Kerry	LES MILLS BODYPUMP 4:30-5:25 PM Julie		
Metabolic Strength Training 5:30-6:15 PM Ashley	LES MILLS BODYPUMP 5:30-6:25 PM Kristy	Metabolic Strength Training 5:30-6:30 PM Dixie			Zumba® 4:00-4:45 PM Shiho
	Shotokan Karate 6:30-7:30 PM Mark		Shotokan Karate 6:30-7:30 PM Mark		

Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Core 6:15-6:30 AM Tracey			
Zumba Gold® 9:05-9:50 AM Shiho	Yoga 9:20-10:20 AM Brenda	Kids Fit N'Fun* 9:30-10:00 AM Lindsay	Yoga 9:20-10:20 AM Sandy	Senior Fitness Dance 9:05-9:50 AM Amy V./Sue	Yoga 9:20-10:20 AM Team
Body Barre 10:30-11:15 AM Jacki	Mat Pilates 10:30-11:15 AM Bonnie	Active 4 Life: Strength 10:30-11:15 AM Candy	Mat Pilates 10:30-11:15 AM Angela	Yoga + Core 10:30-11:30 AM Brenda	
		Yoga 5:30-6:25 PM Angela			SUNDAY
Yoga 6:00-7:00 PM Leslie		Tai Chi 6:30-7:30 PM Bill		Tai Chi 6:30-7:30 PM Bill	

*August 17 ONLY

TRX® Suspension Training® and Specialty Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Madness 5:25-6:10 AM Brad	TRX® 5:25-6:10 AM Ken				
TRX® 11:30-12:15 PM Kristy	Athletic Edge 5:15-6:30 PM Brenda		TRX® 5:30-6:15 PM Jessi		

Cycling Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cycle Strength 5:25-6:10 AM Tracey		Cycling 5:25-6:10 AM Brad	LES MILLS RPM 7:30-8:15 AM Kristy/Riley
LES MILLS RPM 12:20-1:05 PM Kristy/Riley	LES MILLS RPM 10:30-11:15 AM Kristy/Riley	LES MILLS sprint 11:30 AM-12 PM Kristy			
	LES MILLS RPM 5:30-6:00 PM Laura	LES MILLS sprint 5:30-6:00 PM Dan			SUNDAY LES MILLS sprint 8:15-8:45 AM Kristy

Virtual Gym Schedule

NEW videos will be posted weekly

Contact Laura.Green1@rockwellcollins.com or Christopher.Schneider@rockwellcollins.com to request access

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Muscle Works	Yoga Calm	Senior Class	Barre & Mat Pilates	Muscle Works	Core